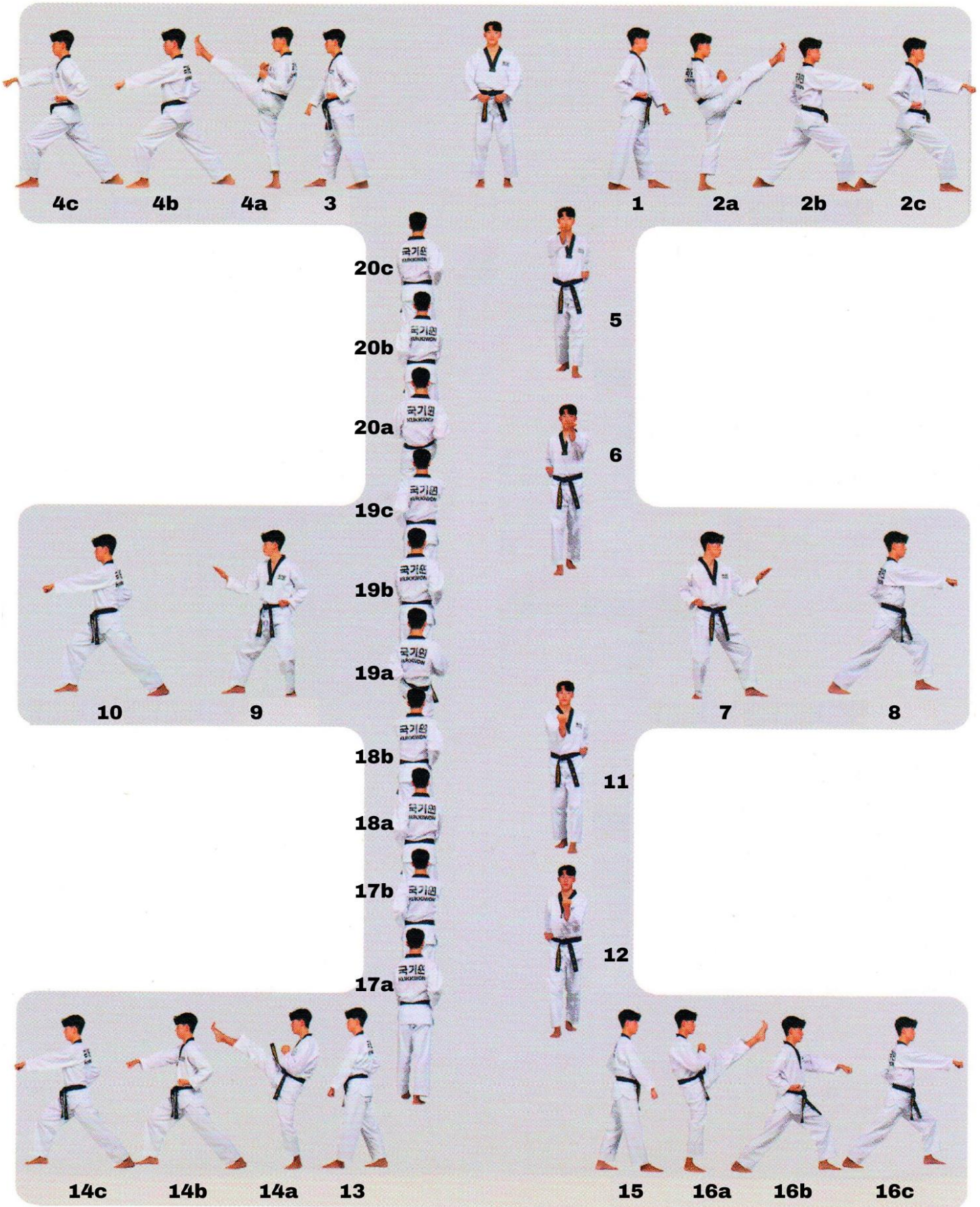


# Taegeuk Sam Jang #3



## Taegeuk Sam Jang #3

1. Turn left 90° into a walking stance with your left foot forward and perform a left down block.
2. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a right/left double punch.
3. Turn right 180° into a walking stance with your right foot forward and perform a right down block.
4. Perform a left foot front snap kick, landing in a front stance with your left foot forward and perform a left/right double punch.
5. Turn left 90° to the left into a walking stance with your left foot forward and perform a right inside knife hand strike.
6. Step forward into a walking stance with your right foot forward and perform a left inside knife hand strike.
7. Turn 90° to the left into a back stance with your left foot forward and perform a left outside knife hand block.
8. Step forward into a front stance with your left foot forward and perform a right middle punch.
9. Turn 180° to the right into a back stance with your right foot forward and perform a right outside knife hand block.
10. Step forward into a front stance with your right foot forward and perform a left middle punch.
11. Turn left 90° to the left into a walking stance with your left foot forward and perform a right inside block.
12. Step forward into a walking stance with your right foot forward and perform a left inside block.
13. Turn 270° to the left into a walking stance with your left foot forward and perform a left down block.
14. Perform a right foot front snap kick, landing in a front stance with your right foot forward and perform a right/left double punch.
15. Turn right 180° into a walking stance with your right foot forward and perform a right down block.
16. Perform a left foot front snap kick, landing in a front stance with your left foot forward and perform a left/right double punch.
17. Turn 90° to the left into a walking stance with your left foot forward and perform a left down block and a right middle punch.
18. Step forward into a walking stance with your right foot forward and perform a right down block and a left middle punch.
19. Perform a left front snap kick, landing in a walking stance with your left foot forward and perform a left down block and a right middle punch.
20. Perform a right front snap kick, landing in a walking stance with your right foot forward and perform a right down block and a left middle punch with a kihap.